

Topic: Daring To Be Different	Phase: KS1	PSHE 1	
What should I already know?	Key Information	We are MANOR! As learners we will ...	
<ul style="list-style-type: none"> I am confident to try new activities and can say why I like some activities more than others. I am confident to speak in a familiar group and can talk about my ideas I can talk about how I (and others) show feelings, I can play cooperatively, taking turns with others. I can show sensitivity to others' needs and feelings and can form positive relationships with adults and other children. 	<p>This half term we will be learning about what makes us individual and different from each other. It is a unit designed to boost self-esteem and celebrate what makes each child unique in their own special way. We will also be investigating feelings and emotions, and finding out how we can manage these in a healthy way.</p>	Manners	Develop a respect and understanding for the views and opinions of other people and share ideas about our own ideas and thoughts in a respectful manner. We will celebrate good work, value others' contributions, and discuss and debate opinions.
At the end of the unit, I will be able to:	Useful books...	Aspiration	Learn by being challenged in a series of well-designed and interesting activities designed to deepen our understanding of the world and broaden our horizons. We will be aspirational in developing knowledge and conceptual understanding through practical activities and discussions.
<ul style="list-style-type: none"> Understand that we all like and dislike different things recognise and respect other people's differences help another person feel proud Talk about something that makes me special Know when I am feeling worried or anxious Understand some things which can cause me to feel stressed Be still and quiet and relax my body Tell when it is right for me to stand up for myself Know how to stand up for myself 	<div data-bbox="733 758 1505 951" style="display: flex; justify-content: space-around;"> </div> <p>The Bright Feelings books by Tom Percival are great starting points for discussing feelings and emotions with younger children.</p> <p>The Behaviour Matters books are also brilliant books which use aspects of Emotional Coaching.</p> <p>We have sets of them in school, so if you would like to borrow one then please do ask 😊</p> <div data-bbox="1103 1039 1493 1350" style="display: flex; justify-content: space-around;"> </div>	Nurture	To recognise that we live in a wonderful world made up of many different people and ways of living. We will develop an appreciation and respect for the diverse world and environment in which we live, showing care and compassion for the people and beliefs around us.
		Open-Mindedness	We will be open-minded so that we can learn more about others and the way in which they live their lives. We will listen respectfully to each other and not laugh at or make fun of what other people say.
		Resilience	Engage confidently with the RE curriculum and learn that anything is possible and failure is not something to fear but to learn from. We will support each other to learn new things and share what we know so that we might help others.

The One and Only You!!

We are all special, we are all different and we are all unique!

Unique means being unlike anything or anyone else.

You are an amazing person! You should always be proud of who you are, what you like and the things you believe in – no matter what anyone else says. Keep being you 😊



Feelings

We all have feelings - they are part of everyone. We feel different things at different times depending on what happens to us. Sometimes we feel *sad* – like when someone we love goes away. Sometimes we feel *happy* – like when we are having fun with friends. Sometimes we feel scared, angry, guilty, lonely, embarrassed or worried. It is important not to be ashamed of having feelings.



Keeping Relaxed – exercises to release muscle tension

Pretend you are a turtle going for a slow, relaxed turtle walk.
Oh no, it's started to rain!
Curl up tight under your shell for about ten seconds.
The sun's out again, so come out of your shell and return to your relaxing walk.
Repeat a few times, making sure to finish with a walk so that your body is relaxed.



Pretend you are a lazy cat that just woke up from a lovely long nap.

- Have a big yawn.
- And a meow.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.



What about when feelings get too much?

Sometimes we feel unhappy or cross and this feelings can take over our minds and bodies. This is perfectly normal and we all need to feel this way sometimes, but it is important we know what to do when we are feeling this way. If you are in class then you can go to the Calm Corner and take some time to calm down. If you are at home, you could go to a quiet space and take some deep breaths. Listening to music can help you feel happier and relaxed. It gives you space to work through your feelings of sadness or being cross.

Being Assertive

Being assertive means you clearly explain what you need or want from someone. Without being pushy or trying to frighten them. Sometimes it can be hard to say how you really feel, especially if it means disagreeing with someone else. But everyone has the right to say how they feel and ask for what they need. It can help to practise what you want to say first, make eye contact with the person you are talking to, and don't apologise when asking for something you need.



Worry Box

We will be focusing a lot on worries and feeling of anxiety, and as such you may wish to read some stories about worries or discuss emotions and feelings on a more regular basis at home as a way to encourage your child to share their experiences and to develop their emotional language. You may wish to make a worry box like the one pictured here, where worries can be written down / drawn and then cast aside into the box. Often, when worries are talked about and shared, they can become far less worrisome 😊



Vocabulary

Similarities	How things / people are the same.
Differences	How things / people are different.
Boost up	To give a helpful lift up to someone, either physically or emotionally.
Put down	Something that you say or do which makes someone else feel bad or foolish
Compliment	an expression of praise, admiration, or approval.
Anxious	feeling worried, nervous, or afraid about something uncertain.

Daring To Be Different Quiz

- 1). Make a list of as many emotions as you can think of. How many of those have you felt today so far?
- 2). True or false, being sad or angry is a bad thing and these are emotions that we should try to not feel.
- 3). If you are worried about something, what's one of the best things you can do?
- 4). Is it OK if you like different things to your best friend?
- 5). Should you be ashamed of having feelings?

